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Screening study of iodine deficiency status and Thyroid diseases in caucasian children

Background & Aims: Thyroid disorders are the second commonly encountered disorders in endocrine clinics and are significant causes of medical morbidity and mortality. The relationship between Thyroid disorders and childhood are one of the longest running controversies in endocrinology. Currently all iodized salt in Georgia for both human and animal consumption is imported, and regulations mandate iodization at 40 ± 15 ppm, in line with the World Health Organization criteria of 20-40 ppm. The objective of the study was screening Thyroid diseases in republic of Georgia as a iodine deficiency region in school age child.

Materials & Methods: 52,328 children with age range 6-16 years were included in the study. Children were screened by palpation and ultra-sonography of the Thyroid gland, after that, with children who have had changes were made: TSH and Anti-TPO. According to the laboratory and clinical condition we divided children into five groups: 1) without changes, 2) with hypoThyroidism, 3) with hyperThyroidism, 4) with nodular goiter, 5) with autoimmune Thyroiditis.

Results: The children were distributed in the following way: 1) without changes endemic goiter: 4403, 2) with hypoThyroidism 303, 3) with hyperThyroidism 18, 4) with nodular goiter 27 and 5) with autoimmune Thyroiditis 675. The appropriate treatment according to the laboratory and clinical condition was prescribed to all patients.

Conclusion: Thyroid gland diseases are an important medical and epidemiologic entity, as its deleterious effects on patients is firmly established. As our study demonstrated Thyroid gland diseases in Georgian children is one of the major problems. A supplementation program which was done by government improves iodine-deficiency status, but it is not enough to stop IDD.

Biography

Shota Janjgava, MD, PhD is the Head of Andrology department in National Institute of Endocrinology, Vice-President of the "Georgian young Association for the Study Diabetes and Metabolic Disorders". He is a Board Member of "Georgian Association for the Study Obesity" and member of "European Association for the Study Obesity", "Young European Association for the Study Obesity", "Study group for the Insulin Resistance" and "European Association for the Study of Diabetes". He is the participating and presenting author in several international conferences and congresses. He is the author of more than 15 publications. He gives lectures in Endocrinology and Andrology and delivers scientific lectures for students, residence and doctors.

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